



TSDMA SOUTH NEWSLETTER



VOLUME 8, NUMBER 12 – DECEMBER 2023

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Shim Sa Results



We promoted three Cho Dan Bos (CDB), 10 gups and one Little Dragon from two studios to new rank during our December Shim Sa.

ETTSD

CDB Level 3: Silas Hale

CDB Level 2: Chelsey Rhea

CDB Level 1: Harrison Ayers

1st Gup: Blake Clendenin, Lillian Mullins

2nd Gup: Tyler Barnett

4th Gup: Noah Clendenin

7th Gup: Kenzie Martin

8th Gup: Carrie Allison, Luke Jackson

9th Gup: Mason Hadley

NMAA

7th Gup: Oliver Zahoran

9th Gup: James Munsey

Dragon Purple: Reina Keener

Tournament Update

Upcoming Jan 20, Winter Tournament



Fayetteville, NC

Approximately 5 hours.

Great tournament for first time competitors. Friendly and inclusive.

TSDMA South Interclub

Saturday February 24, 2023



@East TN Tang Soo Do

216 Bohannon Ave, Greeneville, TN

Registration forms will be available at ETTSD, NMAA, and Heritage. More information when available.

December Calendar

General

Open to ETTSD, NMAA and Heritage Martial Arts Students.

- **Kickboxing @ETTSD, Fridays 5PM.**
- **Jiu Jitsu @ETTSD, Fridays 6PM.** Free for ETTSD students, \$10/class or \$35/month, for others.
- **Sat, Dec 2, 3PM, Shim Sa.**
- **Tue, Dec 19, 7PM.** Free Self-Defense class at East Tennessee Tang Soo Do. Open to all.

East Tennessee Tang Soo Do

- **Tue, Dec 5.** Mat Chat
- **Tue-Thu, Dec 12-14,** Tip Testing
- **Mon, Dec 25 – Mon, Jan 1, CLOSED FOR CHRISTMAS AND NEW YEARS DAY.**

Newport Martial Arts Academy

- **Fri, Dec 1, 6PM** Christmas Parade
- **Fri, Dec 8.** Sparring, Mat Chat
- **Fri, Dec 15.** Games, Board breaking
- **Dec 19 - Jan 3, CLOSED FOR CHRISTMAS AND NEW YEARS.**

Dec Special: Gift Cards for New Students



Give the gift of Confidence, Skill, & Physical Fitness.

Three months of lessons at East Tennessee Tang Soo Do and a uniform for \$150.

Gift cards available at the studio.

Being a Good Karate Parent

An ongoing series, by Sah Bom Nim Victoria Rivas and Kyo Sa Nim Jennifer Grillo-Foster, on how to support children in martial arts. This month's column is by KSN Jennifer Grillo-Foster.

Humility and Belt Protocol

Humility. Our Mat Chat states that it means we do not think we are better than others, we do not brag or boast about being better. How does this relate to everyday classes?

In March 2020, some of you may remember that the entire world closed its doors. So did East Tennessee Tang Soo Do. When we cautiously opened back up, we required students to break a protocol. We asked students to wear their belts outside the dojang, to enter the studio fully dressed for class.

Slowly the world, and East Tennessee Tang Soo Do, created a new normal, but we as instructors let the "no wearing your belt outside the dojang except at functions" protocol slide.

We instructors followed protocol out of habit. Some parents and students followed protocol out of habit. But many have not. And there have been a lot of new students who have joined since early 2020 and have not been taught this. We need to remedy that.

When you wear your belt outside you are essentially saying, "Look at me! I take martial arts! I'm learning to kick butt!"

This is the opposite of humility. This is why it is a tradition to remove our belts. This is why it is tradition to bow at the door and mats. Humility

Even when attending tournaments, belts should not be worn until you are inside the facility.

Exceptions to this rule, this protocol, are at functions like a demo or parade when your instructors say to wear full uniforms or to wear your belts. At these functions you are representing your dojang, and your uniform, including belt, is part of that.

On a side note, another bit of belt protocol while we're on the subject. A student's belt should never lie on the ground. It should be on the student, hung up, or it should be otherwise stored.

Mat Chat

You can find our full **Mat Chat** pages on our website. Select:

Parents / Mat Chat

This month:

Tenet/Code:

Indomitable Spirit (Tenet 7)

What does it mean?

Indomitable Spirit means having an **I Can Do It Attitude!** It means not giving up when things don't go like you want them to. Instead, you can find ways to make your goals/ dreams happen! **Make it happen!! NEVER QUIT!!**

Terminology 12

This is our final and most advanced vocabulary lesson. In Jan we will start again with basic terms. All students will be required to complete the basic vocab lessons.

- Low/mid/high open hand blocks ~ *Han/choong/sang dan soo do mahk kee*
- Low/high two fist X block ~ *Sang soo ha/sang dan mahk kee*
- Elbow strike ~ *Pahl koop kong kyuck*
- Palm heel attack ~ *Jang kwon kong kyuck*
- Crossed leg stance ~ *Kyo cha rip jaseh*
- Two fist (reinforced) middle block ~ *Sang soo choong dan mahk kee*



Happy Holidays

from the staff of

East Tennessee

Tang Soo Do